

KAPA'A SENIOR CENTER CALENDAR -OCTOBER 2016

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <p>Exercise w/Marta(8-9AM) CoreTraining 50+ (9:30AM-10:30AM) Senior Yoga (11-12PM)</p>	<div>4</div> <p>Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)</p>	<div>5</div> <p>Exercise w/Marta (8-9AM) Drummercise (9-10AM) Hawaiian Quilt'g (9-11 AM) Tai Chi (10-11AM) LocalStyleUkulele(9-11:15AM) Hula (11:15-12:30PM)</p>	<div>6</div> <p>***Assembly*** (9AM) <i>BINGO</i> Steering Committee 11AM</p>	<div>7</div> <p>Exercise w/ Marta (8-9AM) Dummercise (9-10AM) Tai Chi for Arthritis (10:30-11:30AM)</p>
<div>10</div> <p>Exercise w/Marta (8-9AM) CoreTraining 50+ (9:30AM-10:30AM) Senior Yoga (11-12PM)</p>	<div>11</div> <p>Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)</p>	<div>12</div> <p>Exercise w/Marta (8-9AM) Drummercise (9-10AM) Hawaiian Quilt'g (9-11 AM) Tai Chi (10-11AM) Hula Outreach KVMH (10AM)</p>	<div>13</div> <p>***Assembly*** (9AM) CRAFTS Get ready for Senior Craft Fair Sat.10/22/16</p>	<div>14</div> <p>Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)</p>
<div>17</div> <p>CENTER CLOSED Floor cleaning/waxing (10/17/16-10/23/16)</p>	<div>18</div> <p>CENTER CLOSED Floor cleaning/waxing</p>	<div>19</div> <p>CENTER CLOSED Floor cleaning/waxing</p>	<div>20</div> <p>CENTER CLOSED Floor cleaning/waxing</p>	<div>21</div> <p>CENTER CLOSED Floor cleaning/waxing</p>
<div>24</div> <p>Exercise w/Marta (8-9AM) CoreTraining 50+ (9:30-10:30AM) Senior Yoga (11-12PM)</p>	<div>25</div> <p>Ukulele (9-11AM) Beg. Ukulele (11-12PM) Japanese Dance (9-11AM)</p>	<div>26</div> <p>Exercise w/ Marta (8-9AM) Drummercise (9-10AM) Hawaiian Quilt'g (9-11 AM) Tai Chi (10-11AM) LocalStyleUkulele (9-11:15AM) Hula (11:15-12:30PM)</p>	<div>27</div> <p>***Assembly*** (9AM) Birthday Recognition Pot Luck-Cake HalloweenCostumeContest Drummercise&JapaneseDance</p>	<div>28</div> <p>Exercise w/ Marta (8-9AM) Drummercise (9-10:00AM) Tai Chi for Arthritis (10:30-11:30AM)</p>
<div>31</div> <p>Exercise w/Marta (8-9AM) CoreTraining 50+ (9:30-10:30AM) Senior Yoga (11-12PM)</p>				